



Robert E. Bush
Naval Hospital

Did you know?...

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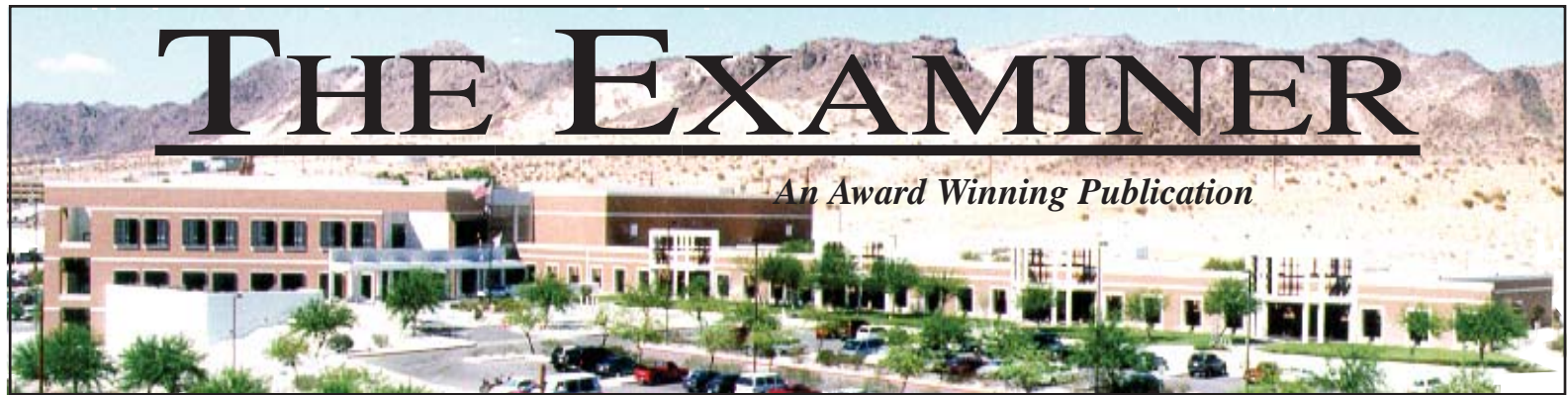
- * Through the ICE website.
- * The Hospital Customer Relations Officer at 760-830-2475, or any of the Customer Relations representatives in the Hospital clinics, or directly to the Joint Commission via: E-mail at complaint@jointcommission.org Fax: 630-792-5636

The Joint Commission
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Commanding Officer
Naval Hospital Public Affairs Office
Box 788250 MAGTFC
Twentynine Palms, CA 92278-8250



<http://www.med.navy.mil/sites/nhtp/pages/default.aspx>

NHTP Radiology Department Takes Journey to State of the Art

By Lt. Cmdr. Leah Sag, NHTP Radiology Department Head

The Robert E. Bush Naval Hospital continues to expand services and create greater convenience for our patients and beneficiaries. With in-house MRI and mammography, patients no longer have to drive long distances for those services. And the Radiology Department's modernization continues. Three-dimensional mammography is the latest state-of-the art service we offer our patients. Conventional mammograms are created from two x-ray images of each breast. Three-dimensional mammography uses several low-dose x-ray images from different angles to create a three-dimensional picture and is touted for finding more cancers earlier with fewer false positives.

The following is an overview of the significant upgrades to our Radiology Department over the past few years.

In 2014, the Radiology Department embarked on a voy-

age mapped out by hospital leadership and our board of directors, that shared the vision of a new and improved NHTP Radiology Department.

In November 2014, two new ultrasound machines were installed. These machines are still considered top of the line, with improved image clarity and functionality.

In May 2015, ground breaking for the new MRI Care Suite took place. A previous Director for Clinical Services relinquished her office space for the new MRI Suite. The new GE 1.5 Tesla MRI unit was hoisted by crane, through the roof, and lowered into the newly constructed suite.

In September 2015, Computed Radiography was upgraded with new equipment, improving overall image quality.

In November 2015, a pulsed Fluoroscopy software package was installed. This updated dose-saving technology reduces



MRI Technician, Ms. Alicia Armenta, shows off the GE 1.5 Tesla MRI unit in its newly built suite in late 2015

overall patient radiation dosage by an average of one third. This upgrade falls in line with National Guidelines and Recommendations: As Low as Reasonably Achievable (ALARA), Image Wisely and Image Gently.

In April 2016, the multi-million

Three-Dimensional Mammography Service Starts

On February 22, 2017, Naval Hospital Twentynine Palms is excited to be the first Hospital outside of Naval Medical Center San Diego in Navy Medicine West to offer 3D screening mammography. This new three dimensional screening modality is cutting edge technology that has proven to increase breast cancer detection rates. While only patients with dense breast tissue or high risk factors typically qualify for this upgraded mammography experience, Naval Hospital Twentynine Palms is proud to offer this service to all TRICARE beneficia-

dollar MRI Care Suite celebrated its grand opening. Since then, there has been a continuous expansion of MRI services.

In July 2016, new radiography services began being offered to

Continued on Page 7. Please see "Radiology."

ries. Also known as Digital Breast Tomosynthesis (DBT), 3D mammography continues to demonstrate increased sensitivity and specificity of breast cancer detection. For example, multiple studies have demonstrated a 10-percent to 30-percent increase in overall breast cancer detection (over 2D imaging alone). In addition, there is peace of mind with proven increased accuracy, thereby reducing the number of callbacks (by as much as 30 per-

Continued on Page 7. Please see 3D Mammo.

Now Scheduling...

3D Mammo


Beginning February 22, 2017, Naval Hospital Twentynine Palms will be open for 3D Screening Mammograms. Contact your Primary Care Manager to place an order for your exam!

According to the Centers for Disease Control, 230,815 women and 2,109 men in the United States were diagnosed with breast cancer (2013 figures).

Although you cannot prevent cancer, some habits that can help reduce your risk are:

- Maintain a healthy weight
- Stay physically active
- Eat fruits and vegetables
- Do not smoke
- Limit alcohol consumption

NHTP Radiology Department takes pride in offering you the best healthcare services. We are your trusted leader in health, wellness and readiness.



Sailor in the Spotlight

Chief Hospital Corpsman Dale Wolkenhauer



Chief Hospital Corpsman Dale Wolkenhauer in his NHTP office with memento photos: Top, Maj. Gen. Mark A. Clark recognized HM1 Wolkenhauer as Senior Sailor of the Quarter; bottom, Defense Secretary Leon Panetta personally met with HM1 Wolkenhauer.

Chief Hospital Corpsman Dale Wolkenhauer originally joined up for the education benefits. Navy service agreed with him, however, and he's now in his 16th year. He is currently Senior Enlisted Leader for the Directorate for Clinical Support Services. Originally from Clearlake, California, Wolkenhauer went to Corpsman "C" School to become a laboratory technician. He's had multiple assignments and deployments but mentorship has been the constant theme throughout his career. "Mentorship is what molds the future of our Sailors," he said. The Chief Corpsman noted that at NHTP young Sailors often arrive for their first assignment following Corpsman "A" school. "We have a unique opportunity to play a role in the future of Navy Medicine in our ability to teach and set an example but also in helping these new Sailors discover their core values," Wolkenhauer said.

His advice for young Sailors: "Number one, keep the doors to opportunity open. Number two, don't shy away from the hard tasks--they build character. It's okay to fail as long as you learn

from those failures. Number three, take everything you've learned in the Navy and reflect on what you would like to do with your life."

Wolkenhauer noted that many young Sailors are only a few months away from living with their parents and are just becoming adults. Developing integrity is as important as honing your Corpsman skills, Wolkenhauer noted.

Wolkenhauer has earned a Bachelor's degree in health and human services and a Master's of Science degree in leadership.

His wife, Mika Wolkenhauer, was recently appointed Ombudsman for the Command. "Mika takes the job very seriously," Wolkenhauer said. "She's energetic, thorough and very by the book to the instruction."

Wolkenhauer enjoys basketball, football "and just about any competitive sport." He also enjoys working on small engines and sketch-art. The Wolkenhauers have three children, a daughter, 14, and two boys, 10 and three.



Culinary Specialist Second Class Jesse Martinez (left) reenlisted for four more years on MCAGCC's Felix Field January 20. Martinez, originally from Ontario, California, has been in the Navy nearly eight years and is currently watch captain for the NHTP Adobe Cafe. Reenlisting Officer was Lt. Tony Henry. In NHTP tradition, Martinez awarded a 72-hour special liberty pass to Culinary Specialist Second Class Stephen Fuqua, who himself reenlisted in the same place on May 13, 2016.

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Commanding Officer

Capt. John A. Lamberton, MSC, USN

Executive Officer

Capt. Jeffrey W. Bitterman, MC, USN

Command Master Chief

HMCN (SW/AW/FMF) Jerry Ramey, USN

Public Affairs Officer/Editor

Mr. Dave Marks

Command Ombudsman

Ms. Mica Wolkenhauer (252) 503-8070 email: nh29po@gmail.com

The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

How to reach us...

Commanding Officer Naval Hospital
Public Affairs Office
Box 788250 MAGTFTC
Twentynine Palms, CA 92278-8250
Com: (760) 830-2362
DSN: 230-2362
E-mail: david.m.marks.civ@mail.mil
Hi-Desert Publishing Company
56445 Twentynine Palms Highway
Yucca Valley, CA 92284
Com: (760) 365-3315
FAX: (760) 365-8686



Preventive Medicine Corner

Submit Questions/Concerns and Tanya Will Provide Answers



Tanya Stuckey

Dear Tanya,
What are options for family members who are looking to start a fitness routine and healthier eating plan? I know there are several spouses in my neighborhood that sell products, but I am looking for something that I can do without purchasing special equipment or pre-packaged foods from a specific company.
Signed,
Seeking Practical Approach

Dear Practical,
While I acknowledge there are an abundance of products available through various companies and direct sales, I cannot endorse any product or brand for effectiveness or cost. What I can attest to is the variety of services here on base that are free to our family members. The staff of these programs are ready and willing to help you every step of the way!

Let's start with the MCCC gyms. There are multiple gyms with accommodating hours for any schedule, staffed by knowledgeable trainers and with top-of-the-line equipment. Looking for classes that fit your availability? Check out *Well Beats* at the Community Center. Want to take in the fresh air and natural beauty of the desert? Take a walk, hike or run along any of the various paths. Be sure to head out with a friend for safety and to keep each other motivated.

Looking for nutrition information? You are in the right place! Our registered dietitian and nutrition staff at Naval Hospital Twentynine Palms are here to make sure you are afforded the most current information to address any health concerns or to assist in weight management needs. Once you've met with the dietitian and are looking for techniques to put your new-found knowledge to practice, talk to the Internal Behavioral Health Consultant by making an appointment through your primary care team.

All of the tools you need to get you where you want to be and the support you need to maintain your new lifestyle are at your fingertips. The cost for these great services is your dedication, motivation and time.

Need more information or additional resources? Call 760-830-2173 or send me an email at tanya.l.stuckey.civ@mail.mil

Consider the Holistic Approach to Heart Health to Reap Huge Gains

There is great emphasis on fitness in society and the military leads the way in being an example of physical health. Many hours are spent in gyms and on running courses, often braving extreme temperatures and elevations to attain peak performance.

You're probably already familiar with the latest fitness fads. Have you also considered how nutrition, supplement use, energy drinks, alcohol and tobacco use play a role in your health?

A few changes in lifestyle can bring about huge gains in your goals for performance, health and physical appearance.

According to the Navy Marine Corps Public Health Center, less than 35 percent of Marines and Sailors consume the recommended amount of fruits and vegetables and more than 40 percent regularly eat a high fat diet. Here are a few changes that require minimal effort:

- Make sure that half your plate consists of fruits and vegetables.
- Fifty percent of the grains you consume should be whole grains.
- Switch to fat-free or low-fat

there promising to get you there faster. The old saying still stands true, "If it seems too good to be true, it probably is."

Eat well, move more and find beauty in each day.

Happy New Year!

(1-percent) milk

- Choose foods with less sodium.
- Avoid oversized portions.
- Drink water instead of soda, energy drinks or sugary beverages.
- Educate yourself concerning supplement safety. Visit the website: <http://hprc-online.org/dietary-supplements>

Implementing these healthier nutritional habits, managing stress, getting seven to eight hours of sleep per night and quitting tobacco, is like climbing a ladder to health and wellness.

For more information and suggestions for better heart health, check out the Navy Marine Corps Public Health website: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-toolbox-february.aspx> or call to make an appointment to speak to one of the subject matter experts at NHTP: (760) 830-2814
Tobacco Cessation, Sleep Hygiene and Stress Management or (760) 830-2274
NHTP for Nutrition and Supplement Safety.



It's Never too Late to Make Resolutions

Each New Year brings about the chatter of setting goals. We call them New Year's resolutions; but how long into the New Year do we continue to strive for the goals that were carefully pondered as the last year drew to a close and lose track or just give up? You are not alone! *Statistic Brain*, a website that gathers self-reporting data, states that out of the 45 percent of people who set New Year's resolutions, only about eight percent actually achieve the goals they set.

Why do you think this is? Are we setting unreasonable, too many or ill-timed goals? Shorter lists, smaller short-termed goals and reasonable expectations are key to fulfilling your resolutions.

- Start each day with gratitude. Think of what you are already doing right and recognize that you are one day closer to what you are working for.
- Break your larger goals into

smaller ones and celebrate each success along the way. Sometimes the end seems far away and we give up before we get even halfway there. Each small goal achieved builds confidence and motivation to continue.
• Start (or refocus on your goal) NOW! It is never too soon or too late to get on track!

Whatever resolutions you have made, be sure to include healthy and safe ways to achieve them. There are too many scams out

Awardees...

The following awards were presented during the First Friday Award Ceremony, January 6, 2017, in NHTP Classrooms 4&5. Hospital Commanding Officer, Capt. Jeffrey Bitterman (Acting), was the presenting officer.



Ms. Camelen D'Angeles receives a Federal Length of Service Award in grateful recognition and appreciation for her 15 years of faithful service to the federal government.



Hospitalman Wyatt Hurley is awarded the Navy and Marine Corps Achievement Medal.

Hospital Corpsman Third Class Trevor Cliborne is awarded the Navy and Marine Corps Achievement Medal



Lt. j.g. Michelle Garton is recognized with a Patient Safety Award. "Lt. j.g. Garton's sincerity, kindness and positive leadership exhibited her dedication to providing high-quality care and supporting Naval Hospital Twentynine Palms in its journey to become a high-reliability organization." --Capt. John Lamberton, NHTP Commanding Officer.



Hospitalman Third Class Frederick Koehler is awarded the Navy and Marine Corps Achievement Medal.



Ms. Patty Paahana receives a Federal Length of Service Award in grateful recognition and appreciation for her 35 years of faithful service to the federal government.



Ms. Brittany Tyndall is recognized with a Patient Safety Award.



Lt. Sara Bishop is congratulated after being awarded the Navy and Marine Corps Commendation Medal. "Lt. Bishop's superior performance of duties is the hallmark of a career devoted to accomplishing broad and diverse tasks which highlight the culmination of 25 years of honorable and dedicated Naval service." -- Capt. John Lamberton, NHTP Commanding Officer.



Introducing New Staff -- Welcome Aboard!



HM1 Genaro Beltran

Hospital Corpsman First Class Genaro Beltran was LPO for the component processing lab, supervising a division of 46 personnel at Naval Medical Center San Diego, before arriving at NHTP. He's been in the Navy 18 years. Hometown is San Diego. Supervising such a large department, Beltran took mentorship of less experienced Sailors seriously. "I would see Sailors fresh in the Navy and I wanted to give them a good head start," Beltran said. He arranged group study sessions, often during lunch. "I helped advance quite a few Sailors," he noted. Now it's his turn and he's been putting in several hours a day in preparation for the Chief's exam. He lives with his wife, a senior analyst at a finance firm, and six-year-old son in Temecula and is exploring van-pool options. Beltran's father, a retired Navy commander, and mother both live in San Diego. Hobbies include basketball and working on his car, a 2017 Subaru STI.



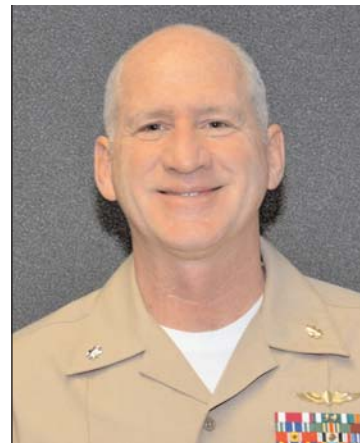
Ms. LaKesha Williams

Ms. LaKesha Williams is the new registered nurse on the Multi-Service Ward. Originally from Detroit, she earned an undergraduate degree in kinesiology and a Master's degree in Public Health from the University of Michigan, and earned her RN degree from Chamberlain College of Nursing. Williams was in pharmaceutical sales prior to earning her nursing credential. "It was a great job, following college," she said. She met her husband, a U.S. Marine major, while both were in school in Ann Arbor, Michigan. They have two girls, eight and 11. Williams gave birth to her youngest daughter in the old Navy hospital on Camp Pendleton and liked it so much she became a volunteer in that facility. "When patients are in a vulnerable situation, I thrive in that environment," Williams said. She's looking forward to the diverse patient population that comprises military beneficiaries. For hobbies, the Williams family enjoys listening to music, being outdoors, reading and watching Netflix.



Dr. Troy Rahn

Dr. Troy Rahn is NHTP's newest chiropractor. He's been living in the high desert for about two years. Originally from Lanark, Illinois, he met his wife while attending high school in northwest Illinois. Rahn earned his chiropractic degree from Palmer College of Chiropractic, Davenport, Iowa. Prior to this assignment, Dr. Rahn ran a wellness center in Byron, Illinois, while his wife was stationed at Great Lakes. He gained an appreciation for chiropractic following a high-school football injury. Working with the military population will be different and more rewarding, he said. "I get to deal with people who are willing to change their lifestyles and who are willing to make the necessary changes." The Rahns live on base and appreciate the military community. "The on-base community is very tight-knit. It's almost like when we were stationed in Spain," he said. The Rahns have five children, ranging in age from 10 to 22. Middle daughter is currently in Navy boot camp.



Cmdr. Mark Lang

Cmdr. Mark Lang arrived from the Surface Warfare Medical Institute in San Diego where he was Officer in Charge. He's been in the Navy 34 years, the first 13 years as a Corpsman. He earned his Associate's degree in nursing from Gateway Technical College, Kenosha, Wisconsin; and he earned his Bachelor of Science in Nursing from the University of Wisconsin, Fond du Lac, Wisconsin. Lang also has a Master's degree in business from Phoenix University. He attained the rank of first-class petty officer before transitioning to the Nurse Corps. His advice for Corpsmen thinking about following his path: "Don't wait so long!" He spent six years as an Army medical officer with the rank of captain (O-3) to take advantage of programs that weren't then available in the Navy. Lang is here unaccompanied. He is impressed with the beauty of the area and looks forward to hiking, riding his bicycle and Harley motorcycle. He said he's not a big fan of TV and would rather be outside "doing things."



Ms. Holly Stevenson

Ms. Holly Stevenson is NHTP's new occupational health nurse in the Directorate for Public Health. She arrived from Camp Pendleton's Occupational Health Clinic where she worked for the past two and a half years. Prior to that she was assigned to Camp Pendleton's Warrior Recovery Center. She earned her RN degree from San Jose State University. San Jose is also where she grew up. Stevenson is an Air Force Reserve medical technician with the rank of Technical Sergeant (E-6). She has worked in a variety of hospitals and medical centers and is impressed with the esprit de corps she's encountered at NHTP. "There are a lot of facilities where people just come to work; and here, people seem happy to be here," She said. "It just seems to be a really positive environment." She is close to completing her Master's of Science in Nursing degree. Hobbies include snow boarding, working out at the gym and running. She also volunteers at the Humane Society.

“Radiology,” continued from Page 1.

active duty Marines at the new Adult Medical Care Clinic (AMCC). In addition to providing faster, more convenient digital radiography service, the new equipment comes with upgrades that include automated technology and a dedicated orthopedics sports package.

In August 2016, new 2D mammographic services were offered to patients. This mammography program is certified by the governing bodies: American College of Radiology (ACR) and Food and Drug Administration (FDA).

In November 2016, the half million-dollar Radiology Department Picture Archiving Computer System (PACS) was upgraded with newer technology to include higher resolution monitors. This technologic upgrade benefits NHTP and our Branch Clinics China Lake and Bridgeport as well as the AMCC.

In December 2016, standard 2D mammography services were upgraded with new hardware, software, staff training and certifications to provide state-of-the-art 3-D mammographic technology. Three-dimensional mammography is shown to improve cancer detection rates while reducing overall call back rates by up to 30 percent. Any TRICARE-enrolled beneficiary at NHTP can request this 3D mammography screening.

In January 2017, the existing Computed Radiography Room/Digital Cart combination at Naval Hospital Twentynine Palms was finally upgraded to the new, all in one, Digital Radiography Room. This digital radiography room improves turnaround time while offering the same technologic advances provided at the new AMCC.

In February 2017, ground breaking for the new dual Radiography and Fluoroscopy Room is expected to take place, with anticipation of new services at the end of April 2017. This new Dual Fluoroscopic and Radiographic equipment provides better imaging quality, faster image acquisition, and up to 80 percent overall dose reduction to include a dedicated

Continued, above

pediatric dose package.

The voyage does not end in April 2017, as anticipated upgrades are still seen on the horizon, to include a new, standalone, Picture Archiving Computer System server, which will increase speed, redundancy and reliability of radiology services to providers and patients. In addition, new automated doors will be installed to provide better access for patients with injuries or disabilities. A new shoulder MRI coil was also just approved for purchase, which will improve imaging quality of the shoulder three-fold.

Ultimately, the Radiology Department's journey to provide the best, state of the art technologies and services will not change with this leadership team; it will continue down the path of providing only the best, highest quality, patient centered health care services.

“3D Mammo,” continued from Page 1.

cent), sparing women the anxiety, inconvenience and expense of coming back for further imaging.

The mammogram procedure and experience are the same for both 2D and 3D mammography; however, for 3D imaging, the mammography machine takes multiple images in one continuous motion to create a three dimensional image. No additional breast compression is required and it only takes a few more seconds. Similar to any screening mammogram exam, some women experience minor discomfort and others experience no discomfort at all.

Mammograms can detect potential problems before they can be felt. Early detection greatly increases treatment options and the likelihood of successful recovery. Although 3D mammogram exams have been proven to detect more cancers, Naval Hospital Twentynine Palms Mammography Program continues to support the guidelines which recommend women aged 40 and older receive a routine screening mammogram every year. If you would like to learn more on how to schedule your 3D mammogram study at Naval Hospital Twentynine Palms, ask your primary care provider to schedule a procedure.

Sea Star Award Recognizes Superior Customer Service

The Sea Star Award was created to reward superior customer service. Robert E. Bush Naval Hospital beneficiaries who recognize exceptional customer service are encouraged to articulate that positive experience through comment forms, emails, or ICE comments. Staff who are recognized receive a brass sea star and certificate from the hospital commanding officer in an award ceremony either in their workspace or outside the Chaplain's Office.

The Sea Star Certificate reads:

“One day a man was walking down the beach just before dawn. In the distance he saw a young girl picking up stranded sea stars and throwing them back into the sea. As he approached the girl, he asked, ‘Why do you spend so much energy on what seems to be a waste of time?’ The girl stated that the sea stars would all die if left in the morning sun. ‘But there must be thousands of beaches and millions of sea stars,’ the man exclaimed. ‘How could you possibly make a difference?’ The girl looked at the small sea star in her hand and as she threw it into the safety of the sea, she said, ‘It makes a difference to this one.’” --Author unknown. Lesson: Individual kindness and help is always appreciated.



NHTP Commanding Officer, Capt. John Lamberton recognizes Mr. Amilcar Cordova, Information Management Department.



NHTP Commanding Officer, Capt. John Lamberton recognizes Seaman Kyle Evangelista, Maternal Infant Nursing Department.



NHTP Commanding Officer, Capt. John Lamberton recognizes Ms. Trenea Hawkins, Operations Management Department.



NHTP Commanding Officer, Capt. John Lamberton recognizes Lt. Jose Plata, Medical Home Port Gold Team.



Right: NHTP Commanding Officer, Capt. John Lamberton recognizes Ms. Brittany Tyndall, Medical Homeport Blue Team.

